

## Summer 2024 Taichi for Beginners' classes at LotusVoice

Hello,

The Summer Session of Yang 24 **Tai Chi** at LotusVoice will start June 4th. Classes will be Tuesday and Thursday evenings, 6:30-7:30PM, and will run until August 29th. This class is in addition to our ongoing Sunday afternoon class for continuing students (3:30-4:30PM). The class drop-in fee is \$15/class (cash or check payable to LotusVoice Integrative Therapies), alternatively discounted monthly dues paid on the first class of the month are \$80 for June (8 classes: 6/4, 6/6, 6/11, 6/13, 6/18, 6/20, 6/25 and 6/27), \$70 for July (7 classes: 7/9, 7/11, 7/16, 7/18, 7/23, 7/25, and 7/30, no class the first week of July), and \$90 for August (9 classes: 8/1, 8/6, 8/8, 8/13, 8/15, 8/20, 8/22, 8/27 and 8/29).

**Tai Chi** is a Chinese internal martial art. This moving meditation consists of flowing movements and emphasizes breathing and balance while enhancing strength and flexibility. The Yang 24 form takes about 7-10 minutes to complete, and is a very low impact exercise suitable for all ages and physical fitness levels that can be a powerful tool for relaxation and stress relief.

No previous **Tai Chi** experience is required for this class, but due to the sequential nature of the form, beginners will experience best results with consistent attendance. Of course, **Tai Chi** players already familiar with the order of movements are welcome to drop in anytime.

Please wear loose fitting clothing that will not restrict movement. The space does not allow street shoes, so bring a pair of shoes to change into, preferably with a thin sole to better gauge balance and contact with the floor.

Please respond if you intend to participate. If you are interested in **Tai Chi** but these classes do not fit into your schedule, let me know to keep you in mind for future sessions that may be on a different schedule.

If you have any additional questions I would be happy to answer them.

Thanks for your interest in **Tai Chi**,

Dolly Luchini

Tai Chi Instructor, LotusVoice